Programmation et Progressions Cycle 2

**EPS**

2016-2017

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| **Objectifs** | **Activités supports** | **Année 1** | | | | | **Année 2** | | | | | **Année 3** | | | | |
| **P1** | **P2** | **P3** | **P4** | **P5** | **P1** | **P2** | **P3** | **P4** | **P5** | **P1** | **P2** | **P3** | **P4** | **P5** |
| **Produire une**  **performance**  **optimale,**  **mesurable à**  **une échéance**  **donnée**  -  *Activités athlétiques aménagées* | Lancer loin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lancer précis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sauter loin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sauter haut |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Courir vite |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Courir longtemps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Course de relais |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Course d’obstacles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Adapter ses**  **déplacements à des**  **environnements variés**  -  *Natation, parcours*  *d’orientation, activités de roule et de glisse* | Natation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Course d’orientation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vélo... |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Escalade |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **S’exprimer**  **devant les autres par une**  **prestation**  **artistique et/ou**  **acrobatique**  -  *Danse, activités gymniques, arts du cirque* | Danse |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mime / Expression |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cirque |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Acrosport |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gymnastique |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Conduire et**  **maitriser un**  **affrontement**  **collectif ou**  **interindividuel**  -  *Jeux collectifs, de lutte* | Jeux de lutte |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux collectifs sans ballons |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux collectifs avec ballons |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Handball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ultimate |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Basketball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Football |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Indiaka |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Indiaka |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux de crosses |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jeux de raquettes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |